



SPECIALIZED REHABILITATIVE & COMMUNITY SUPPORT (SPECIALIZED RCS)

WHAT IS SPECIALIZED RCS?

An in-home community support service that uses evidence-based interventions through Applied Behavioral Analysis (ABA) to help families of youth with Autism address **significant** impairments in communication, life skills and self-regulation skills to improve social functioning and increase developmentally appropriate skills. A Clinical Specialist and a Behavioral Health Professional (BHP) work in the home to support this work. The number of weekly hours is determined through an assessment. The average is 22 hours of work with the family per week.

WHO IS ELIGIBLE?

A child or youth aged 0 – 21 with [MaineCare](#) or under age 19 with the [Katie Beckett waiver](#), an Autism Spectrum Disorder or other clinically relevant diagnosis, a qualifying functional assessment score and a need for assistance with significant impairments in communication, life skills, and self-regulation. This service requires that youth and their caregivers participate in treatment.

HOW DOES IT HELP?

The Specialized RCS team will utilize behavioral analytic principles to work with the youth and family members in the home and community settings. Services help to teach, remind, and support youth. Specialized RCS can:

- Help youth develop safe behaviors
- Reduce aggressive behaviors, including self-injury and aggressive behaviors towards others
- Help develop communication techniques to effectively express needs
- Develop skills to be patient with themselves and others
- Teach skills for youth to care of themselves, like brushing teeth, using the bathroom, washing up, and dressing
- Teach skills to follow social rules like looking both ways before crossing a street, waiting in line, and taking turns when playing games or talking
- Specialized RCS also supports caregivers in learning and using skills that work for the youth

HOW TO ACCESS SPECIALIZED RCS

For more information about Specialized RCS, talk to your targeted case manager or other provider, or visit the [Children's Behavioral Health website](#).

If you do not have [a case manager](#), you may find it helpful to get one. You are also encouraged to call the [CBHS Family Information Specialist](#). You may also reach out to a [Family Support Organization](#).

If you have a case manager they can help you apply for Specialized RCS services through the [statewide referral process](#) or you can fill out the application [here](#). If your child is eligible, [KEPRO](#) will match you with a RCS provider.



Specialized RCS helped my daughter build skills to be more independent at home and school.

-Parent